



# BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

February 2016

## **Bedford Senior Activity Center**

2817 R.D. Hurt Pkwy.

Bedford, TX 76021

817-952-2326

[www.bedfordtx.gov/senior/](http://www.bedfordtx.gov/senior/)

### **Hours of Operation**

Mon.-Tue.-Wed.-Fri.

8 a.m. – 5 p.m.

Thursday

8 a.m. – 8 p.m.

### **Center Phone Numbers**

Cathy Haskell, Manager

817-952-2329

Rhonda Karnes-Scott

817-952-2320

Janet O'Dell

817-952-2325

Dale Dawson

817-952-2328

## **Bingo**

Come join us for FREE Bingo.

Prizes and refreshments.

Thursday, Feb. 18, 2016, 6pm-

7:30pm Please sign up with staff member or call 817-952-2326

## **Ageless Grace Exercise**

### **Workshop**

Free workshop on exercise. 21

simple tools that come naturally.

They not only stimulate the body, but initiate a mind-body link that can positively affect attitude and increase cognitive function.

Tues. Feb. 16, 2016 9:00am.

## **Free Clear Captions Workshop-Light Dinner**

Come see how to get a FREE caption phone and have a light dinner! If you are hard of hearing this would be a wonderful phone to have, it types the words the caller is saying so you can read as you listen. Thursday, Feb. 11, 2016 at 6pm. Please sign up with staff or call 817-952-2326

## **Dance Lessons**

February dance is the Two-Step. Singles and couples welcome. Must be age 50 or above. Monday evenings 5:30pm-6:30pm. \$5.00 per person per lesson. Then stay for our Monday night dance, only \$6.00 per person.

## **Free "Dementia" Workshop-Light Dinner**

Topic will be "Dementia". Note early signs of the disease and what resources are available. Thursday, Feb. 25, 2016 at 6pm. Free light dinner. Please sign up with staff or call 817-952-2326.

## **Free Medical Power of Attorney**

Ken Nohavicka, attorney, will be here doing free medical power of attorney documents. Please have all information for the person you want to make your power of attorney, name, address, phone number. Monday, Feb. 15, 2016 10:30am-11:30am. Please sign up with staff or call 817-952-2326.

## **Free Statutory Durable Power of Attorney (Finances)**

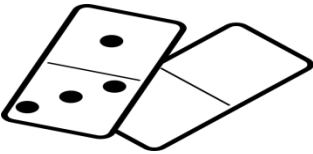

Ken Nohavicka, attorney, will be here doing free statutory durable power of attorney (Finances) documents. Please have all information for the person you want to make your power of attorney, name, address, phone number. Monday, Feb. 29, 2016 at 10:30am-11:30am. Please sign up with staff or call 817-952-2326.

## **Valentines Dance**

Dance to the sounds of the Bill G Trio. Full meal, live music and festive decorations. Advanced tickets: \$8.00 per person.

Tickets at door: \$10.00 per person. Mon. February 15, 2016 at 6:00pm.

MONDAY	TUESDAY	WEDNESDAY
<b>1</b> 8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 10am-A Matter of Balance Workshop 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Pete & Patti	<b>2</b> 8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes	<b>3</b> 8am-Ceramics & Pool 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session
<b>8</b> 8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 10am-A Matter of Balance Workshop 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Doc Gibbs	<b>9</b> 8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes	<b>10</b> 8am-Ceramics & Pool 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session
<b>15</b> 8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 10:30am-Medical Power of Attorney 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 6:00pm-Bill G Trio-Valentines Dance	<b>16</b> 8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Ageless Grace 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes	<b>17</b> 8am-Ceramics & Pool 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session
<b>22</b> 8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 10am-A Matter of Balance Workshop 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Now & Then	<b>23</b> 8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes	<b>24</b> 8am-Ceramics & Pool 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session
<b>29</b> 8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 10am-A Matter of Balance Workshop 10:30am-Statutory Durable Power of Attorney (finances) 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Russ Dorsey		

<p style="text-align: center;"><b><u>THURSDAY</u></b></p> <p style="text-align: right;"><b>4</b></p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong</p>	<p style="text-align: center;"><b><u>FRIDAY</u></b></p> <p style="text-align: right;"><b>5</b></p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><b><u>DANCES</u></b></p> <p>Feb. 1-Pete &amp; Patti Feb. 8-Doc Gibbs Feb. 15- Bill G Trio-Valentines Dance Feb. 22-Now &amp; Then Feb. 29-Russ Dorsey</p>
<p style="text-align: right;"><b>11</b></p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6pm-Clear Captions Workshop</p>	<p style="text-align: right;"><b>12</b></p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm-4pm-Hobbyist 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><b><u>NARFE</u></b></p> <p>February 10 – 10am</p> <p><b><u>Blood Pressure Checks</u></b> 1<sup>st</sup> &amp; 3<sup>rd</sup> Thursdays 8:30am to 10:30am</p>
<p style="text-align: right;"><b>18</b></p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6pm-Bingo</p>	<p style="text-align: right;"><b>19</b></p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p>Would you like schedule and newsletter updates by email? Email me at: <a href="mailto:rhonda.karnes-scott@bedfordtx.gov">rhonda.karnes-scott@bedfordtx.gov</a> Please give me your full name in email.</p>
<p style="text-align: right;"><b>25</b></p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6pm-Dementia Workshop</p>	<p style="text-align: right;"><b>26</b></p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1pm-4pm- Hobbyist 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><b><u>Class Highlights</u></b></p> <p>Check out our FREE workshops! Many topics to choose from.</p>
		<p><b><u>Did you know we are open from 8:00am-8:00pm every Thursday?</u></b></p>



# Valentines Dance

**Advanced ticket: \$8.00 per  
person**

**Tickets at door: \$10.00 per  
person**

**Full meal and live band**

